

**ABSTRACT OF THE DISCLOSURE**

A barbell apparatus comprises a pair of hand gripping bars arranged end-to-end and thereby  
5 defining a longitudinal axis of the apparatus. Each of the hand gripping bars is formed as a  
rectangular frame defining a window within which is positioned several cross bars oriented  
at selected angles relative to the longitudinal axis. Preferably the cross bars are not  
orthogonal to the axis of the apparatus so that the hands gripping these cross bars are  
oriented in preferred positions for improved muscle relationship during power moves such  
10 as bench presses and arm curls.